

# BY YOUR SIDE

A PUBLICATION FOR YOUR GOOD HEALTH PUBLISHED BY DOCTORS HOSPITAL

FALL 2006



## FIGHTING BREAST CANCER WITH TECHNOLOGY & TLC

**Patsy Brinson**, a retired radiographer and two-time breast cancer survivor, has experienced first-hand the often overwhelming physical, emotional and spiritual spectrum involved in combating the disease. After undergoing several surgeries and two very different types of cancer treatments in under four years, her journey tells a story that many survivors echo: breast cancer often assaults more than the body; choose a battle plan that supports every front—body, mind and soul!

### NEW TREATMENT TECHNOLOGIES

About two years after recovering from her first battle with breast cancer, Brinson was totally unprepared for the news that another tumor had formed. She had already survived more than she could imagine having to endure again, including: a surgical mastectomy; debilitating chemotherapy treatments in which she lost her hair, forty pounds, and was so ill from treatment, that her husband, Philip, was forced to take a leave of absence from his job to care for her; breast reconstruction surgery; and an additional surgery to repair a compression fracture in her spine—the result of osteoporosis she had developed while on a drug used to minimize her risk of recurring breast cancer.

“I was just tired. I had been through so much in two years, I just didn’t think I could do it again,” Brinson said.

Although no one facing a second battle with breast cancer could be called fortunate, Brinson learned through her physician that her current condition qualified her for an alternative treatment: **Mammosite High Dose Rate (HDR) Brachytherapy**.

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### HAVE A MAMMOGRAM GET A GIFT!

Recognizing that early detection of breast cancer is key to achieving the best outcome possible, each year the American Cancer Society (ACS) devotes the month of October to promoting breast cancer awareness and prevention. In observance, this year Doctors Hospital is partnering with Dillard's Estée Lauder to get the word out.

If you're due for your annual mammogram and are screened at Doctors Hospital's Women's Diagnostic Center during the

month of October, you'll receive a complimentary Estée Lauder gift package for your efforts.

But Hurry! Estée Lauder gift supplies are limited. More importantly—detecting breast cancer early means that every minute counts!

Registration is required. Appointments are generally by physician referral, so contact yours. For mammogram questions, please call 706.651.6761.

### SAVE THE DATE: SATURDAY, OCTOBER 28!

#### “Informative Update on Breast Health”

By Jack A. Feldman, MD, FACS and American Society of Breast Diseases Advisory Board Member

12:30 p.m., Dillard's, National Hills Shopping Center  
Seating is limited; event includes lunch and door prizes;  
RSVP by October 21 to 706.651.2450

Presented by Doctors Hospital & Dillard's Estée Lauder Raffle to Benefit the American Cancer Society

## JUST FORE GOLFERS!

Golf-specific instruction by PGA Teaching Professional Robby Watson & Assistant Golf Professional Patrick Gantt. Pre-registration is required. For more information, please call 706.651.2270.

**What:** Free Instruction for the Golfer  
**When:** Saturday, October 14  
**Where:** Bartram Trail Golf Club



# COPIING WITH THE CANCER

[from Page 1]

c o n t i n u e d

Available in the Augusta area only at Doctors Hospital Radiation Oncology Department, Mammosite HDR is a method in which a catheter with a balloon attached to its end is inserted into the breast after lumpectomy. The catheter and balloon are used to deliver highly targeted, high-dose-rate radiation to the area immediately surrounding the removed cancerous lump. Treatment is generally administered twice a day for five days at which time the catheter is removed. Unlike traditional external beam radiation therapy, Mammosite HDR delivers radiation only to the area surrounding the excised tumor—sparing the entire breast from unnecessary exposure.

“High Dose Rate Brachytherapy is more convenient for patients who are good candidates for this approach,” said Eric Rzas, MMSc medical physicist at the Doctors Hospital Radiation Oncology Department. “With the high dose rate system, patients can be treated in an outpatient setting and in a much shorter period of time.”

While Mammosite HDR offers many benefits, not all women with breast cancer qualify for its use. For instance, it is not recommended when there is lymph node involvement. Women diagnosed with breast cancer should consult their individual physician to learn if they are eligible for treatment.

For Brinson however, Mammosite HDR was a lifesaver in more ways than one. She had lump removal surgery in Spring of 2005 and began treatment later that June. She said the difference between the two types of treatment—chemotherapy and Mammosite HDR—was night and day.

“It was a very special experience. The people at Doctors Hospital were always looking after you and making sure you were comfortable,” Brinson said. “No one could have been more accommodating. And of course, most important of all, the treatment itself was so much easier and shorter to endure.”

Today Brinson is working hard to rebuild her health and put breast cancer behind her. Although unable to exercise during her back recovery, she is taking vitamins, eating healthy, and continuing to seek support from the people and pursuits that have given her strength throughout her illnesses.

**“Breast cancer is very personal. Each woman approaches it in her own way. Even with all the advanced medical treatments available, I believe I would not have survived without family, friends, and the Lord.”**

—Patsy Brinson

### CANCER COPING SUPPORT

According to the American Cancer Society (ACS), clinical depression occurs in about 25% of people with cancer. In fact, many families and caregivers of cancer patients often experience some degree of depression, anxiety, and fear. These feelings are considered a normal response to a life-altering experience. For patients, these feelings often arise due to changes in their ability to perform family or work roles, loss of control over life events, changes in body image, fear of death, fear of suffering and pain, or fear of the unknown. Family members may experience adverse

feelings because they fear losing their loved one, are angry the disease has “chosen” their family, are frustrated by their inability to “do enough,” or are stressed by increased responsibilities at home.

Beyond clinical treatment, there are a variety of support resources available to breast cancer patients and families coping with the emotional demands of the disease. According to Amy Johnston, Mission Delivery Manager for ACS in Augusta, ACS offers three local support programs, two of which are specifically aimed at women. **Road to Recovery®** is available to any cancer patient needing transportation to area treatment facilities and is sponsored in partnership with Doctors Hospital. Local drivers volunteer through ACS and Doctors Hospital reimburses their gas mileage.

**Reach For Recovery®** offers one-on-one support and information to women coping with breast cancer. Specially trained survivors serve as volunteers to respond in person or by phone to women facing breast cancer diagnosis, treatment, recurrence or recovery. **Look Good Feel Better®** is for women in active cancer treatment. The free service teaches women techniques designed to help them restore self-image and cope with appearance-related side effects of the treatment. Offered in partnership with the Cosmetic, Toiletry, and Fragrance Association and the National Cosmetology Association, participants can choose from a large variety of new, fashion-current wigs and receive a make-up-kit of cosmetics valued between three to four hundred dollars. Volunteer make-up artists and cosmetologists work with each woman to help her learn new application techniques. It is held on the third Monday of each month at the Augusta ACS offices.

In addition to the cancer support services offered by ACS, the Augusta area also offers a women’s cancer survivorship ministry to help those seeking both emotional and spiritual support. **The Lydia Project, Inc.**, founded by Amy Breitmann, Kay Simpson and Bryn Hamilton provides free tote bags to women undergoing cancer treatment. The hand-sewn bags serve as a symbolic and visual reminder of the organization’s faith-based mission. Each tote is monogrammed with the words Faith, Hope or Love, and is filled with cancer-related information, practical items, a prayer request card, and the name of the seamstress who made the tote.

“The Lydia Project serves not only breast cancer patients but all women undergoing cancer treatment. As founders, all three of us have been touched by cancer and wanted to give something back to women struggling with this devastating illness,” Breitmann said. “What we’ve learned is that a lot of survivors want to be there for those coming along behind them.”

More than 30 women volunteer to sew the tote bags throughout the year. Others help by sewing monograms on the completed tote bags, serving on prayer teams, and sharing the Lydia Project mission with churches, communities, and civic groups in the Augusta area and beyond.

For more information on Doctors Hospital Radiation Oncology Department, call 706.651.6700 or visit our website at [www.doctors-hospital.net](http://www.doctors-hospital.net).

To learn more about breast cancer, ACS support services in the Augusta area, or to volunteer with the ACS, call Amy Johnston at 706.731.9900 or visit ACS online at [www.cancer.org](http://www.cancer.org).

## HELP. HOPE. COPE!

Women with breast cancer report that it affects many facets of their lives—from physical changes associated with treatment to emotional stresses related to depression, fear and anxiety. These health changes and feelings are often compounded by the patient’s desire to help their families cope with their disease also.

The following services and programs are a sampling of coping resources available to breast cancer patients and their families in the Augusta area. If you or someone you know is dealing with the disease, or if you would like to volunteer to help someone who is, please contact the organizations on the right.

### THE LYDIA PROJECT

A faith-based women’s cancer survivorship ministry that provides free tote bags to women undergoing cancer treatment.

Contact: Laura Holder, 706.736.5467 or [www.thelydiaproject.org](http://www.thelydiaproject.org)

### LOOK GOOD FEEL BETTER®

Free program for women in active treatment focused on helping patients cope with self-image and appearance-related side effects.

Contact: Amy Johnston, 706.731.9900. Registration preferred.

### REACH FOR RECOVERY®

One-on-one information and support for women coping with breast cancer.

Contact ACS: 800.ACS.2345

### ROAD TO RECOVERY®

Transportation for cancer patients to and from treatment.

Contact: Amy Johnston, 706.731.9900

### DOCTORS HOSPITAL

A cancer support forum for survivors and patients held the 2nd Thursday of each month from 6-7p.m. Co-sponsored by Augusta Oncology Associates (AOA), meetings are held at the AOA offices, 3696 Wheeler Road. Hors d’oeuvres served.

Contact: Lance Danko, 706.651.2283

## MEET YOUR BOARD MEMBER

As current President of the Doctors Hospital Medical Staff, and a physician member of its Board of Trustees, Dr. Jim Davis has been a practicing radiologist at the hospital for nearly 30 years. During that time he has seen the hospital grow and evolve to meet the area's rapid population growth and its changing medical needs—an evolution he is proud to have witnessed.

"As Board members, one of our roles is to ensure that the hospital's vision is aligned with both community needs and advancing healthcare trends. Taking an active part in the community as well as in the medical arena, has helped me maintain the perspective needed to achieve this important goal," Dr. Davis said.

President of Brown and Radiology Associates in Augusta, Dr. Davis was named an American College of Radiology (ACR) Fellow in 2005. One of the highest honors conferred by the ACR, only about ten percent of ARC members are selected for Fellowship. Nominees are considered based on their service to organized medicine, their significant accomplishments in scientific or clinical research in the fields of radiology, radiation oncology or medical physics, their exemplary performance as teachers, and their outstanding reputation among colleagues and the local community.

Over the years, Dr. Davis has served as a volunteer on a variety of community, civic, and medical-related organizations. He currently serves as a board member for the

area's Fellowship of Christian Athletes and, most recently, on the Public Affairs and Legislative Affairs Committees of the Georgia Radiology Society. He is an active member of Kiokee Baptist Church in Appling.



**Dr. Jim Davis**  
Radiologist

## A MESSAGE FROM OUR PRESIDENT



**C. Shayne George**  
President / CEO  
Doctors Hospital

As the cooler weather and holidays approach, Doctors Hospital will have added another year to its rich 33-year history. Our facility and services have undergone many exciting changes during that period of time, and we now find ourselves located in the center of the surrounding communities we serve. However, our success is not just bricks and mortar; it is the dedication and commitment of our staff and physicians who deliver the many services to the patients we serve. From the very beginning, our staff has been committed to putting people first.

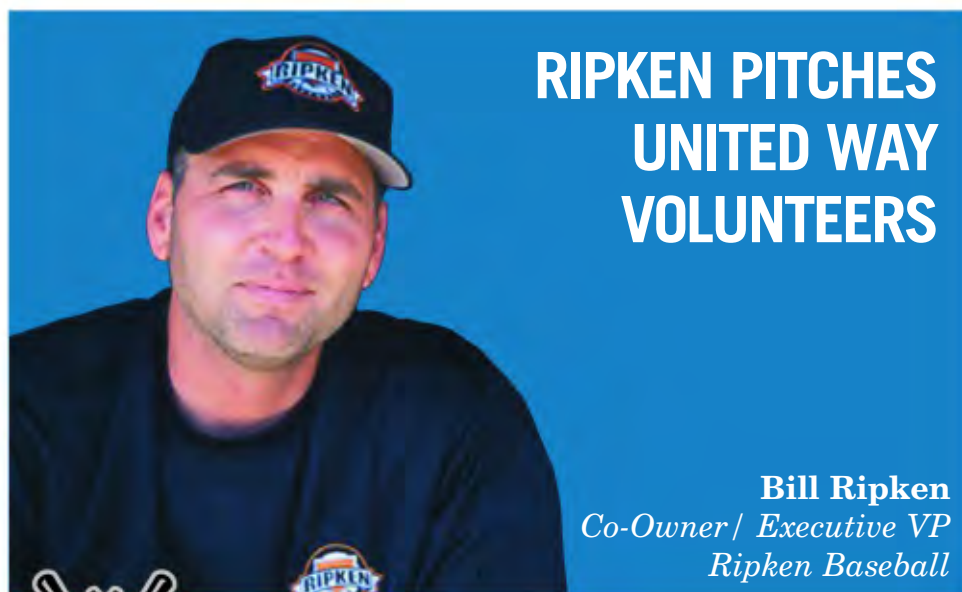
That commitment continues as we strive to provide the highest standard of advanced medical care. It means acquiring new technologies and equipment such as **Mammosite High Dose Rate (HDR)**, the area's only HDR treatment for breast cancer. It means continuing to attract top healthcare professionals with unique treatment skills to perform procedures such as **eXtreme Lateral Interbody Fusion (XLIF)** to relieve spinal pain. And it means continuously pursuing and implementing patient-friendly programs that put you, our patients, at the center of our focus by making it easier, more convenient and more comfortable to use our services.

Beyond our walls, putting an emphasis on people continues into the community we serve. We are proud to allocate resources and support numerous local and national charitable organizations—from annual fundraising events such as the **2007 United Way Giving Campaign** in which we are the presenting sponsor, to educational seminars and healthcare screenings such as our recent **CareFair for Women**, the largest of its kind in the area. On any given day of the year someone on our team is organizing or participating in community outreach!

We look forward to sharing some exciting details on our new expansion program that will include a new addition to our main campus location. Recognizing that many patients prefer private rooms, Doctors Hospital will expand our facilities on Wheeler Road to meet that request. We have approved a plan and submitted it to the state for approval. It includes a three-story addition to the front of the hospital which will ultimately provide for more private rooms, a new ICU, and a new front entry and lobby. The plans also include renovation and expansion of the Joseph M. Still Burn Center at Doctors Hospital.

Yes, exciting plans are in Doctors Hospital's future. Remember, we care about you as a person and we look forward to serving your future healthcare needs.

Sincerely,



## RIPKEN PITCHES UNITED WAY VOLUNTEERS

**Bill Ripken**  
Co-Owner / Executive VP  
Ripken Baseball



## AUGUSTA GREENJACKETS BASEBALL

Local business leaders gathered for a community service pep rally recently in support of the United Way of the CSRA and to learn why Ripken Baseball is a "major league" advocate of youth outreach initiatives—a pitch UW hopes will help net its \$4.4 million fundraising goal.

The event, sponsored by Doctors Hospital, kicked off United Way's 2007 annual fundraising campaign and featured Ripken Baseball Executive Vice-President and Co-owner Bill Ripken, Jr. as its keynote speaker. Citing examples of outreach that have made a difference to young people in the communities Ripken Baseball serves, Ripken encouraged the

crowd to volunteer both time and funds towards the UW mission.

"We were so excited to have Doctors Hospital as this year's United Way Campaign Kickoff sponsor," said LaVern Gold, United Way Interim President. "They were also instrumental in helping us engage Bill Ripken as this year's speaker. With Ripken Baseball's purchase of the Augusta GreenJackets last year and their focus on improving the lives of young people, Bill was a perfect fit for our event. This was one of our best Campaign Kickoffs ever!"

In addition to sponsoring numerous non-profit civic, cultural and healthcare organizations,

Doctors Hospital is the area's exclusive healthcare sponsor of the Augusta GreenJackets. Ripken Baseball chose Doctors Hospital for this honor last year due largely to the hospital's already highly visible dedication to community outreach—a commitment that Ripken Baseball also demonstrates in the areas it serves.

To learn more about the United Way of the CSRA, or to volunteer, call 706.724.5544.





## NEW PROGRAM ENHANCES SPORTS SKILLS

### GO LONG!

This school year, millions of athletes will be participating in school-sponsored sports activities. To that end, **Doctors Hospital Sports Medicine** has launched its newest service. We now offer several training programs designed to enhance performance in athletes of all ages, including: Speed Enhancement, Throwing Enhancement, and Sport-Specific Training for Soccer. These programs are designed to improve overall fitness as well as reduce the risk of injury.

Designed by Certified Athletic Trainers and Certified Strength and Conditioning Specialists, these new programs challenge athletes to work hard while focusing on performance-enhancing mechanics. Available to either individuals or groups, the programs can be scheduled to coordinate with player and team athletic seasons. During each program, athletes will complete a pre-test and post-test to determine their needs as well as areas in which they need improvement. For programs other than those currently offered, the Sports Medicine staff encourages people to call the center directly to discuss developing one that meets their needs.

The **Speed Enhancement** program teaches athletes of all sports the newest methods of speed training to develop acceleration and top-end running speed. Skills covered include: flexibility techniques to improve stride length; power training to improve acceleration; neurological training to increase stride frequency; resistance training; plyometrics; and gait training.

The goal of the **Throwing Program** is to increase throwing velocity through improvement of total body power and arm speed. It also focuses on conditioning exercises to reduce the risk of shoulder and elbow injury.

During the **Specific Training Program for Soccer**, athletes will learn proper techniques to maximize their efficiencies of movement and reduce their risk of injury. Drills and exercises will be completed in a method to develop player skills according to position(s). All players will also learn proper techniques to maximize their efficiencies of movement and reduce the risk of injury. Upon completion, athletes will have enhanced their agility, balance, power, and endurance.

If you are interested in learning more about these programs, or would like us to develop a sports program specific to your needs, please contact Doctors Hospital Sports Medicine at 706.651.2270.

**“I could tell the difference immediately after surgery.”**

**– Jerry Swearingen, XLIF Patient**

### GET FIT. START SMART!

With a growing emphasis on winning, it is more important than ever for athletes to begin the season with a good base of physical fitness. By showing up fit for pre-season practice, athletes:

- Are less likely to suffer from overuse injuries in the beginning of the season;
- Are better acclimated to the climate;
- Have greater physical endurance and are able to accomplish more during practice;
- Are less likely to suffer a catastrophic injury during the season;
- Have a greater advantage over opponents due to improved fitness levels.



### AT THE CENTER OF YOUR LIFE!

#### VISIT OUR NEW SOUTH AUGUSTA LOCATION

Doctors Hospital, The Family Y, and SRP Federal Credit Union invite you to celebrate the Grand Opening of our new South Augusta facilities!

**Join us Saturday, October 28, 10 a.m. to 2 p.m. in the parking lot of the newly named Augusta South Square at 2214 Tobacco Road. (Formerly the Winn-Dixie shopping center.)**

Activities will include music, live entertainment, a fashion show, and much more. Hot dogs will be provided courtesy of Dawgs-n-Buns, Wings-n-Things.

For more information, please call 706.922.9650 or visit the Doctors Hospital, The Family Y, or SRP Federal Credit Union websites.



**COMING SOON TO SOUTH AUGUSTA: DOCTORS HOSPITAL REHAB HEALTH CENTER, DOCTORS HOSPITAL HEALTH CONNECTION AND DOCTORS HOSPITAL OCCUPATIONAL MEDICINE**

# STANDING TALL

## XLIF SPINE SURGERY HELPS AREA PATIENT

**Jerry Swearingen**, a 64-year-old mechanic and heavy equipment operator, had come to the conclusion that his back had worn out. Having suffered increasingly intense leg pain for over four years, he was no longer able to do his job.

“My job requires a lot of lifting and climbing. My pain just kept getting worse and worse to the point I couldn’t even pick anything up. My back just wore out,” Swearingen said.

He had watched one of his friends go through back surgery and several months of recovery—an experience he was reluctant to undergo. So when his physician suggested a new, more effective and minimally invasive alternative to traditional back surgery, he was greatly relieved.

Recently introduced by neurosurgeon, Dr. Ildemaro Volcan and orthopedic surgeon, Dr. Allan Goodrich, eXtreme Lateral Interbody Fusion (XLIF) is available exclusively through the Spine Center at Doctors Hospital Human Motion Institute.

**“The XLIF spine surgery is a major improvement to traditional spine surgery in so many ways,” Dr. Volcan said. “Aside from being minimally invasive, and less painful with a faster**

**recovery time, this procedure can actually correct and restore normal anatomy to patients suffering from conditions such as degenerative scoliosis—an achievement not usually associated with traditional surgical procedures.”**

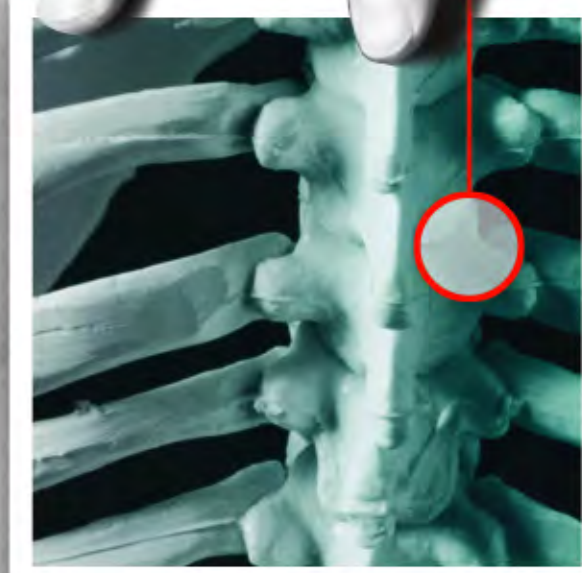
Unlike traditional spine surgeries, XLIF surgery accesses the spine through the patient's side therefore avoiding disruption and possible damage to major back muscles and tissue. Equally important to its effectiveness, the procedure is performed with X-ray type equipment and the aid of a “nerve avoidance” monitoring system to prevent possible nerve damage. Requiring only two tiny incisions—on the patient’s side and back—patients are often walking within 7-12 hours and usually hospitalized only one to two days.

“I could tell the difference immediately after surgery,” Swearingen said. “Within six weeks I was back to work.”

Today Swearingen said he has no pain and no trouble climbing, although he still isn’t comfortable sitting for long periods. He said he’s especially grateful he was able to avoid the long and difficult recovery he had seen other friends endure after traditional back surgery.

About eight in ten Americans will experience a life-style altering episode of back pain at some point in their lives. Like Swearingen, 90% of single episodes of back pain become recurrent. The Spine Center at Doctors Hospital Human Motion Institute specializes in preventing back injuries as well as providing relief for back pain and spinal disorders. Applying clinical expertise to establish an accurate diagnosis quickly, our skilled team helps patients develop a care plan that fits their diagnosis—exhausting every appropriate treatment option before considering surgery. Our Doctors Hospital Rehab Health Centers are conveniently located throughout the Augusta area to provide a variety of physical therapy services to help patients regain spine health. And if surgery should become necessary, we have highly trained and experienced spine surgeons on staff.

To learn more about XLIF spine surgery or for more information on other spine disorder treatments, visit [www.doctors-hospital.net](http://www.doctors-hospital.net) or call The Human Motion Institute Spine Line at 706.651.2449.



# CareFair

for women



## CAREFAIR REVISITED!

Over 3,500 people—mothers, daughters, and friends—attended the annual CareFair for Women sponsored this past August by Doctors Hospital and *The Augusta Chronicle*. Lured by the promise of entertaining exhibitions, healthcare screenings and the ever-popular variety of personal pampering

services, the turnout was the largest ever in the event's history according to Julie Plummer, manager of community relations for Doctors Hospital.

"Doctors Hospital was so pleased by this year's attendance for our 7th Annual CareFair for Women!

The growing numbers tell us we're reaching more and more women each year—a very important aspect of our ongoing commitment to provide health education and screenings to this most vital segment of our community," Plummer said.

## TEA & COMPANY

Although there are no silver bullets yet for preventing cancer, many studies indicate that sipping certain types of tea may help reduce the risk of cancer as well as aid in clearing plaque buildup in arteries. That's because most teas—green, black, (but not usually herbal)—contain a variety of potentially beneficial phytochemicals or plant-derived chemicals. Many phytochemicals are polyphenol antioxidants, compounds that work as antioxidants in the body to scavenge for cell-damaging toxins. As a result, many studies suggest that drinking teas rich in these antioxidants may prevent cellular damage—the common pathway for cancer, aging, and a variety of diseases.

Bottom line? Drinking tea may be good for your health. When combined with companionship in a relaxing atmosphere, it certainly couldn't hurt! Try this recipe with a friend (see the ingredients below) and discover what a cup of tea does for your sense of well-being!

The word "Chai" means "tea" in India. Different from other teas, it is brewed with milk and spices. In India it is called masala chai, "masala" meaning "spice."

### Preparation Instructions:

Using the flat side of large knife, crush cardamom pods to expose seeds. In a saucepan, bring water, milk, cardamom pods, cinnamon and cloves to boil. Reduce heat and simmer for 5 minutes, stirring occasionally. Add tea leaves and remove from heat. Cover and let steep for 5 minutes. Strain and serve hot. Sweeten with sugar as desired.

## Chai Tea

- 14 cardamom pods
- 4 1/2 cups water
- 1 1/2 cups milk
- 3 (3-inch) sticks of cinnamon, broken into pieces
- 6 whole cloves
- 2 tablespoons black tea leaves
- Granulated sugar to sweeten as desired

Makes 6 servings.



## BABY'S DAY OUT

Attention Moms, Grandmas, and Mothers-to-Be! The Columbia County Chamber of Commerce is hosting a fall event sure to be festive, informative, and bundles of fun! Check out the latest trends in junior gadgets and discover important healthcare information about children.

**Baby Care Health Fair**  
**Saturday, November 11**  
**10 a.m. - 4 p.m.**  
**Babies R Us**  
**Mullins Crossing Shopping Center**  
**Washington Road, Evans**

For more information, please call 706.860.4735.

**Presented by Doctors Hospital and Babies R Us.**

Scheduled events include:

- Children's and Maternity Fashion Show, Emceed by Channel 6 News Anchor Jennie Montgomery;
- Book signing featuring Karin Gillespie, author of the *Bottom Dollar Girls* series;
- Child-oriented information and seminars conducted by Doctors Hospital physicians and healthcare professionals.

# FALL CALENDAR

## CRADLE CLUB

Join our Cradle Club today! Membership and classes are FREE! Please pre-register for all classes. Call 706.651.BABY (2229) or register online, [www.doctors-hospital.net](http://www.doctors-hospital.net).

### PREPARED CHILDBIRTH CLASSES\*

7:00 - 9:30 p.m.  
(MONDAYS)  
OCTOBER 16 - NOVEMBER 13  
NOVEMBER 20 - DECEMBER 18  
(TUESDAYS)  
OCTOBER 17 - NOVEMBER - 21  
NOVEMBER 28 - DECEMBER 19

### LABOR & DELIVERY TOUR

(MOB 1, 3rd Floor, Suite 309)  
THURSDAY, 7:00 - 8:30 p.m.  
OCTOBER 5  
NOVEMBER 2  
DECEMBER 14

### INFANT CPR

(MOB 1, 3rd Floor, Suite 309)  
6:30 - 9:00 p.m.  
WEDNESDAY, OCTOBER 18  
THURSDAY, NOVEMBER 9  
THURSDAY, DECEMBER 14

### BREASTFEEDING\*

THURSDAY, 6:30 - 8:30 p.m.  
OCTOBER 19  
NOVEMBER 16  
DECEMBER 14

### BABY'S BROTHER & SISTER\*

SUNDAY, 2:00 - 3:30 p.m.  
OCTOBER 29  
NOVEMBER 19

### BABY CARE\*

SUNDAY, 4:00 - 6:30 p.m.  
OCTOBER 29  
NOVEMBER 19  
WEDNESDAY, 6:30 - 8:00 p.m.  
DECEMBER 6

### SATURDAY EXPRESS CHILDBIRTH CLASSES\*

SATURDAY, 9:00 a.m. - 5:00 p.m.  
OCTOBER 28  
NOVEMBER 4  
DECEMBER 2

### INFANT MASSAGE\*

SATURDAY, 1:00 - 2:00 p.m.  
OCTOBER 7  
NOVEMBER 11  
DECEMBER 9



## OCT. NOV. DEC.



## COMMUNITY EDUCATION

**You're A Big Girl Now\***  
Saturday, 10:00 a.m. - 12:00 p.m.  
October 7 & November 11  
This class is for girls ages 9-12, along with their mothers. Information will be shared on puberty and adolescence. Cost: \$10 per student. Please call 706.651.2450 to register.

**Diabetes Support Group**  
Tuesday, 6:00 p.m.  
October 10 & December 12  
(MOB 1, 3rd Floor, Suite 304)  
An educational seminar offered the second Tuesday every other month for the person with diabetes and his/her family members. Please call 706.651.2468 to register.

**Safe Sitter\***  
Saturday, 9:00 a.m. - 4:30 p.m.  
October 14 & November 18  
This is a medically accurate program that teaches students ages 11-13 safe and nurturing child care techniques, behavior management and appropriate responses to medical emergencies. Cost: \$10 per student. Please call 706.651.2450 to register.

**Community Health Screenings**  
Tuesday, 7:30 a.m. - 10:30 a.m.  
October 24 & December 19  
(H2U building on Doctors Hospital Campus)  
No appointments needed, follow the signage to the H2U building and enter through the side entrance. Please call 706.651.6716 if you need assistance with directions. Free Cholesterol, Blood Sugar, & Blood Pressure screenings.

**Cancer Support Group**  
Thursday, 6:00 p.m. - 7:00 p.m.  
November 9 & December 14  
(Augusta Oncology Associates, 3696 Wheeler Road)  
A cancer support forum for patients. For more information, please call 706.651.2283.

**Growing Into Womanhood: A Time for Confidence and Decisions**  
Saturday, 10:00 a.m. - 12:00 p.m.  
November 18  
(MOB 1, 3rd Floor, Suite 309)  
This course is for girls 13-16 and their mothers or a female relative. Sexuality, peer pressure, substance abuse and confident decision-making skills will be taught and discussed. Cost: \$10 per student. Please call 706.651.2450 to register.

\* Cradle Club and Community Education Classes will be held on the Doctors Hospital Campus, 3623 J. Dewey Gray Circle, Medical Office Building (MOB) I, Cradle Club Classroom, 3rd Floor, Suite 310.

\*\* H2U Classes are held in the H2U Meeting Area located on the Doctors Hospital Campus, Building III, 1305 Interstate Parkway. To join or register for classes, please call 706.651.6716.



**FREE FITNESS CLASS\*\***  
MONDAY, WEDNESDAY, & FRIDAY,  
8:30 a.m. & 9:15 a.m.  
TUESDAY & THURSDAY EVENINGS,  
5:15 p.m. MEMBERS ONLY.

**ORIENTATION COFFEE\*\***  
TUESDAY, 11 a.m.  
OCTOBER 10  
NOVEMBER 14  
DECEMBER 12  
FOR NEW AND RENEWING MEMBERS.  
PLEASE RSVP TO 706.651.6716.

**AARP DRIVER SAFETY PROGRAM\*\***  
THURSDAY & FRIDAY, 12 p.m.  
OCTOBER 12 & 13  
NOVEMBER 9 & 10  
DECEMBER 14 & 15  
OPEN TO THE PUBLIC 50+.  
MUST PRE-REGISTER.

**MIND/BODY FUSION\*\***  
Ten-week class beginning OCTOBER 26th on Tuesdays and Thursdays at 9:30 a.m. This is a blend of stretching, tai-chi, pilates, yoga and relaxation methods. Call 706.651.6716 for more information.

**EDUCATION PROGRAMS\*\***  
"MY PERSONAL HEALTH RECORD"  
FRIDAY, OCTOBER 27, 11:30 a.m.  
Presented by Sandra Skinner and Cynthia Crabtree with Health Information Management at Doctors Hospital. Please RSVP to 706.651.6716.

"LIFE LONG PLANNING & MEDICARE PRESCRIPTION DRUG DEADLINE"  
FRIDAY, NOVEMBER 17, 11:30 a.m.  
Presented by Wallace White with the CSRA Area Agency on Aging. Please RSVP to 706.651.6716.

**H2U FASHION SHOW LUNCHEON\*\***  
THURSDAY, OCTOBER 19, 12:30 p.m.  
Tickets are \$5 each. Lunch will be provided.





3651 Wheeler Road  
Augusta, GA 30909  
706.651.3232  
[www.doctors-hospital.net](http://www.doctors-hospital.net)

C. Shayne George, President/CEO  
James B. Davis, MD, President, Medical Staff  
Alton F. Garrison, MD, Moderator, Board of Trustees

**Please send comments or suggestions to:**  
Julie Plummer, Community Relations Manager,  
Interim Director, Marketing & Public Relations  
Doctors Hospital  
3651 Wheeler Road  
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or call: 706.651.6220



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